



Dear Ladies and Special Friends of Northport VA Medical Center,

Northport VA Medical Center and the Women Veterans Care Counsel invite you to experience an uplifting event that may positively impact your life forever!!

4th Annual Celebrating Women Wise, Well, & Whole
October 27, 2006, 10:00 AM 3:30 PM
Ben Bernstein Auditorium Building 5 - Northport VA Medical Center

The theme this year is:

BACK TO EDEN- The Journey of Wellness

Come and enjoy an exploration into **WELL-BEING**... High Tech for everyday lives!! From the day's activities you will learn to recognize and use your own personal resources to achieve physical relaxation, inner peace, and enhanced ability to cope with life's stressors. As an option, you may choose to participate in the full day's activities, or just the morning, or perhaps only the afternoon. Whatever you chose, you can be assured that your presence is most welcome!

Anderson's of Kings Park will be catering our spectacular luncheon feast. The buffet will feature broccoli with cheese, lasagna, Southern fried chicken, sausage and peppers, Swedish meatballs, string beans, potato salad, tossed salad, rolls with butter, fruit, dessert, and drinks. If you require a special diet, please feel free to bring your own lunch.

Please complete the PRE-REGISTRATION form and return in the postage paid envelope as soon as possible. Seating is limited. If you chose to enjoy our Buffet Luncheon, include also a personal check or money order (payable to the Women Veterans Care Counsel or WVCC) for \$10.00 per person. We must **RECEIVE** checks **no later than Oct. 24th**. For more information, please call the Women's Wellness Center at 631-544-5314.

Invite your friends!

There will be hand decorated canvas satchels for each attendee, door prizes and MORE!! MiMiXX will be back with the latest in designer inspired jewelry...just in time for Holiday giving. Free Antioxidant non-invasive testing to check out your immune system is available too!!

Hope to see YOU soon!!

Most Sincerely,
Cheryl C. Hansen, MSN, RN
Women Veterans Program Manager





4th Annual Celebrating Women

Wednesday, October 27, 2006

10:00AM to 3:30PM

Building 5,

The Ben Bernstein Auditorium

Northport VA Medical Center

Northport, NY 11768



PROGRAM

9:30 AM to 10:00 AM

Registration and Refreshments

10:00 AM to 10:20 AM

WELCOME -

Robert S. Schuster, MHCA, VAMC

Director

GUEST SPEAKER -

Congresswoman Carolyn McCarthy

10:30 AM to 11:00 AM

KEYNOTE ADDRESS -

"THE MONA LISA AND YOU"

Alicia Figueras Woman Veteran/ Army

Producer and Host of Long Island with Alicia

Weekly Cable TV Talk Show

11:00 AM to 11:45 AM

PANEL DISCUSSION -

TRANSCENDING LIFE'S LEMONS

11:45 AM to 12:30 PM

Buffet Luncheon, Jewellery by MiMiXX,

free immune system testing

12:30 to 1:15 PM

"HEALING THE HEART"

Richelle Rapaport, RN, MSN, APRN,

BC (Dual Diagnosis Treatment Team) - VAMC

1:15 PM to 2:00 PM

"SPIRITUAL TECHNOLOGY AND WELLNESS -
ITS NOT WHAT YOU THINK"

Rev.Dan Costello LCSW

Supervisor Substance Abuse Services VAMC

2:00 PM to 2:40 PM

"LET'S GET PHYSICAL - Something for everyone,
every age, in all conditions"

Laverne J. Glover

Occupational Safety and Health Specialist

American Council on Exercise Certified Group Fitness

Instructor

National Academy of Sports Medicine Certified Personal

Trainer

2:40 PM to 3:00 PM

Door Prizes

Closing

Detach and Mail

For More Information call the Women's Wellness Center at 631-544-5314.

REGISTRATION FORM for the 4th Annual Celebrating Women Program/October 27, 2006

Mail to: Women's Wellness Center (11W)

Northport VA Medical Center, 79 Middleville Road, Northport, NY 11768

Ladies and Special Friends:

Please detach and mail this Registration Form by October 24, 2006. Include \$10.00 (m.o. or check to WVCC) for each person who would like the luncheon buffet

Name _____ Daytime Phone: _____

How Many Guests Are You Bringing? _____ How many will be attending luncheon? _____

Names:

Will you be attending All Day Program? ☐

Morning Only? ☐

Afternoon Only? ☐